

"In the mountain,
stillness surges up
to explore its own height;
in the lake,
movement stands still to contemplate
its own depth."

Rabindranath Tagor
Indian Mystic & Poet



If you'd like, take a moment and reflect on whether or not there is a balance in your life between your stillness and your movement? Does one seem more important or relevant to your happiness than the other? More important to your security than the other?

As we become aware that stillness and movement go hand and hand, it is interesting to contemplate how one really cannot exist without the other. Each holds the other – quiet and unseen - until it is time for it to emerge. We witness this phenomena every day of our lives as the night and day seamlessly unfold, the night holding the day in the light of the stars and the moon, and the day embracing the night in its shadows and shade.

It's curious we so often overlook the obvious as something relevant. We know that mountains require valleys to demonstrate their height, and that valleys require mountains to showcase their depth. You simply can't have one without the other.

Like the in-breath and the out-breath, the movement and stillness of our lives are always asking to be balanced. To hold onto one to the exclusion of the other is like saying I'll only breath in and not out.

Do you see any truth or relevance in this to your personal sense of joy, happiness, or inner peace? The Mystical Perspective says 'yes', and encourages us to reflect, explore, and come to our own experiential knowing of this facticity of opposites in deep harmony.

Please join me again next week when a new reflection will appear. Meanwhile, may you find joy, happiness, and peace resting in the stillness and the movement of your day.

Ragini